

News Release

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Great American Smokeout

It's your chance to quit smoking during the 38th Annual Great American Smokeout (GASO) happening November 21st. On the third Thursday of November each year, the American Cancer Society encourages smokers to use the date to make a plan to quit, or to plan in advance and quit smoking that day. By quitting, for even one day, you are taking an important step towards a healthier life.

If you or someone you know is a smoker, the idea of quitting has probably crossed your mind. Almost 70% of smokers want to stop smoking and about 52% of them try to stop each year. If you quit smoking now, the benefits will start almost immediately. Twenty minutes after quitting your heart rate drops, twelve hours after quitting the carbon monoxide level in your blood drops to normal, and ten years after quitting your risk of dying from lung cancer drops by half. Why not join the thousands of soon-to-be former smokers *and* quit on November 21st, the date of the Great American Smokeout.

Contact your local health department in Region 9 of the Community Transformation Grant Project (CTG Project) and they can provide you with resources to help you quit smoking from QuitlineNC.com.

Health departments in Region 9 include: Albemarle Regional Health Services, Dare County Department of Public Health, Hyde County Health Department, Martin-Tyrrell-Washington Health District, Hertford County Public Health Authority, Northampton County Health Department, and Edgecombe County Health Department.

The CTG Project, funded by the Centers for Disease Control and Prevention (CDC), gives communities an important opportunity to develop and implement initiatives to reduce risk factors responsible for chronic diseases, the leading causes of death and disability. The goal of the CTG Project is to create healthier communities. For more information about the CTG Project or quitting contact Lisa Phillips at (252) 475-5077.

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